



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14415, Alcoholic beverage, liqueur, coffee with cream, 34 proof

Report Date: May 24, 2017 00:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor:4.2 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.1g	1.5 fl oz 47g
Proximates						
Water	g	46.50	1	--	14.46	21.86
Energy	kcal	327	--	--	102	154
Energy	kJ	1368	--	--	425	643
Protein	g	2.80	1	--	0.87	1.32
Total lipid (fat)	g	15.70	1	--	4.88	7.38
Ash	g	0.40	1	--	0.12	0.19
Carbohydrate, by difference	g	20.90	--	--	6.50	9.82
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	19.76	--	--	6.15	9.29
Minerals						
Calcium, Ca	mg	16	1	--	5	8
Iron, Fe	mg	0.13	1	--	0.04	0.06
Magnesium, Mg	mg	2	1	--	1	1
Phosphorus, P	mg	50	1	--	16	24
Potassium, K	mg	32	1	--	10	15
Sodium, Na	mg	92	1	--	29	43
Zinc, Zn	mg	0.16	1	--	0.05	0.08
Copper, Cu	mg	0.040	1	--	0.012	0.019
Manganese, Mn	mg	0.006	--	--	0.002	0.003
Selenium, Se	µg	0.4	--	--	0.1	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.1	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.1g	1.5 fl oz 47g
Thiamin	mg	0.011	--	--	0.003	0.005
Riboflavin	mg	0.057	1	--	0.018	0.027
Niacin	mg	0.078	1	--	0.024	0.037
Pantothenic acid	mg	0.087	1	--	0.027	0.041
Vitamin B-6	mg	0.011	--	--	0.003	0.005
Folate, total	µg	2	--	--	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	1	1
Folate, DFE	µg	2	--	--	1	1
Choline, total	mg	8.1	--	--	2.5	3.8
Vitamin B-12	µg	0.08	--	--	0.02	0.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	173	--	--	54	81
Retinol	µg	171	--	--	53	80
Carotene, beta	µg	30	--	--	9	14
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	620	--	--	193	291
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.45	--	--	0.14	0.21
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.3	--	--	0.4	0.6
Lipids						
Fatty acids, total saturated	g	9.664	--	--	3.006	4.542
4:0	g	0.495	--	--	0.154	0.233
6:0	g	0.294	--	--	0.091	0.138
8:0	g	0.170	--	--	0.053	0.080
10:0	g	0.387	--	--	0.120	0.182
12:0	g	0.433	--	--	0.135	0.204
14:0	g	1.546	--	--	0.481	0.727

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16:0	g	4.126	--	--	1.283	1.939
18:0	g	0.358	--	--	0.111	0.168
Fatty acids, total monounsaturated	g	4.458	--	--	1.386	2.095
16:1 undifferentiated	g	0.340	--	--	0.106	0.160
18:1 undifferentiated	g	3.886	--	--	1.209	1.826
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.669	--	--	0.208	0.314
18:2 undifferentiated	g	0.439	--	--	0.137	0.206
18:3 undifferentiated	g	0.232	--	--	0.072	0.109
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	58	--	--	18	27
Amino Acids						
Tryptophan	g	0.040	--	--	0.012	0.019
Threonine	g	0.127	--	--	0.039	0.060
Isoleucine	g	0.170	--	--	0.053	0.080
Leucine	g	0.275	--	--	0.086	0.129
Lysine	g	0.223	--	--	0.069	0.105
Methionine	g	0.070	--	--	0.022	0.033
Cystine	g	0.026	--	--	0.008	0.012
Phenylalanine	g	0.136	--	--	0.042	0.064
Tyrosine	g	0.136	--	--	0.042	0.064
Valine	g	0.188	--	--	0.058	0.088
Arginine	g	0.102	--	--	0.032	0.048
Histidine	g	0.076	--	--	0.024	0.036
Alanine	g	0.097	--	--	0.030	0.046
Aspartic acid	g	0.213	--	--	0.066	0.100
Glutamic acid	g	0.588	--	--	0.183	0.276
Glycine	g	0.059	--	--	0.018	0.028

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Proline	g	0.272	--	--	0.085	0.128
Serine	g	0.153	--	--	0.048	0.072
Other						
Alcohol, ethyl	g	13.8	--	--	4.3	6.5
Caffeine	mg	8	--	--	2	4
Theobromine	mg	0	--	--	0	0